

Rainbow Bell Pepper Boats with Garbanzo Beans and Kale

Prep time: 1 hour, 0 minutes

Makes: 4 Servings

Red, orange and yellow bell peppers stuffed with garbanzo beans, kale, walnuts and brown rice make a delicious Mediterranean-influenced vegetarian dish.

Ingredients

2 cups instant brown rice (cooked)
4 medium bell peppers (red, yellow, and orange)
2 cups kale (chopped)
1 can 15 oz garbanzo beans, unsalted
1/2 cup walnuts (chopped)
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

1. Preheat oven to 375
2. Cook rice accoring to package directions.
3. Slice bell peppers in half vertically and remove seeds.
4. Reserve abou half of gaanzo beans; mash remining portion with a fork.
5. Mix rice with kale, garbanzo beans (mashed and whole), nuts, salt, and pepper.
6. Fill peppers with mix; place in baking dish and cover.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	11 g	17%
Protein	11 g	
Carbohydrates	48 g	16%
Dietary Fiber	9 g	36%
Saturated Fat	1 g	5%
Sodium	170 mg	7%

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Vegetables	3 cups
Grains	1 ounce

7. Bake about 30 minutes.

8. Remove lid and bake more 5 more minutes.

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